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HALIFAX

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Tuesday, February 15, 2011
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News worth sharing.

Four charged

► 52 criminal charges laid against one current and three former MLAs based on expenses since 2006 ► No way of knowing if more allegedly broke law in the past: Auditor general



► Richard Hurlburt

Charges

- One count of fraud exceeding \$5,000
- Three counts of uttering a forged document
- One count of breach of trust by a public officer



► Dave Wilson

Charges

- One count of fraud exceeding \$5,000
- Thirty-one counts of uttering a forged document
- One count of breach of trust by a public officer



► Trevor Zinck

Charges

- One count of fraud exceeding \$5,000
- Two counts of theft over \$5,000
- One count of breach of trust by a public officer



► Russel MacKinnon

Charges

- One count of fraud exceeding \$5,000
- Eight counts of uttering a forged document
- One count of breach of trust by a public officer



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Leaders from the three main political parties are expressing anger and disappointment that one current and three former MLAs are now facing criminal charges from the RCMP.

But the governing NDP, along with the Liberals and Progressive Conservatives, deny there is any need to examine expense records predating 2006.

The scope of auditor general Jacques Lapointe's forensic audit into MLA expenses was between July 2006 and June 2009, the results of which were turned over to the RCMP.

Those results, in conjunction with other documents obtained by the RCMP from the Speaker's office, resulted in yesterday's announcement of a total of 52 criminal charges being levied against past MLAs Richard Hurlburt, Dave Wilson and Russell MacKinnon and current independent MLA

Trevor Zinck.

Premier Darrell Dexter said he was sure the Speaker's office and the government would co-operate with a further investigation, but didn't see a need to open up the records unless specific information came forward.

"If anyone has any evidence with respect to any fraudulent activity, they should report it," Dexter declared yesterday.

"The information that came forward, came forward as a result of individuals who report-

ed fraudulent activity, not as a result of the auditor general's report."

Liberal Leader Stephen MacNeil told reporters this was about trying to go forward to restore faith in the political system.

"The auditor pointed out where there were weaknesses in the system, we tried to respond to close those," said MacNeil, referencing changes made by the now-public Management Commission.

MORE COVERAGE, PAGE 3

Games gossip

Get your sports fix here

► Nova Scotians owning the ice when it comes to curling {page 18} ► Our shooting team takes aim {page 19} ► Plus what's on today {page 19}

Who is this best new artist?



Up close and personal with Esperanza Spalding {page 12}

Jane's on the Common

A restaurant where the food is anything but ordinary {page 15}

Dig deeper into your pockets

Cost of clothes set to jump this year, say analysts {page 10}

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Fraud, forgery among charges

- ▶ All four accused to appear in Halifax provincial court on April 20
- ▶ Dave Wilson leads group with 33 charges in total



▶ Cpl. Lise Hamel and Insp. Jim MacDougall with the Commercial Crime Section of the RCMP answer questions at a press conference yesterday in Halifax.



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The RCMP's Commercial Crime Section spent "countless hours" pouring over "thousands of documents" before charging four past and present MLAs with fraud.

Insp. Jim MacDougall announced yesterday that former MLAs Richard Hurlburt (Yarmouth), David Wilson (Glace Bay), and Russell MacKinnon (Cape Breton West), as well as the current Dartmouth North MLA Trevor Zinck have been criminally charged in connection with a forensic audit of MLA expenses.

The charges are a result of auditor general Jacques Lapointe's forensic audit into MLA expenses, which was turned over to the RCMP on May 12 of last year.

"Commercial crime investigations are unique in the challenges they present," said MacDougall at RCMP H Division Headquarters, noting the complexity and the availability of evidence and witnesses. "The RCMP has concluded its investigation into MLA expenses, and has laid a total of 52 charges against four individuals."

All four have been charged with one count of fraud exceeding \$5,000 and one count of breach-

ing public trust.

Zinck also faces two counts of theft over \$5,000. Hurlburt is facing three counts of uttering a forged document, MacKinnon eight counts for the same charge, and Wilson 31 counts of uttering a forged document.

All are indictable offences.

MacDougall couldn't speak to specifics of the charges, such as whether or not Hurlburt's charges were in relation to an expensive flat-screen TV or the purchase and installation of a generator for his home, as the matter is before the courts.

Hurlburt was elected a Progressive Conservative,

Current MLA

The only sitting MLA charged — Trevor Zinck — refused media interviews yesterday. But in a statement issued from his office, Zinck stated his office will continue to "open to serve (constituents) needs and their concerns."

while Wilson and MacKinnon were elected as Liberals. MacKinnon later left the Liberal caucus and ran for the Tory nomination.

Zinck was elected as an NDP in 2009, but was later kicked out of caucus over expense concerns.

Quick quotes



"You know frankly, I'm not just disappointed, I'm angry about it because we all have to live with the consequences."

PREMIER DARRELL DEXTER

"The folks who are charged and if they're convicted will still receive tens of thousands of dollars in MLA pensions. If they're convicted, they shouldn't receive the generosity of taxpayers and the government should cut them from the pension program."

KEVIN LACEY, ATLANTIC DIRECTOR, CANADIAN TAXPAYERS FEDERATION

"I would ask all media institutions to respect the role and work that I, as the MLA of Dartmouth North, both in the legislature and my constituency, must carry out without any further interruptions."

TREVOR ZINCK IN A STATEMENT

"It's a sad day for Nova Scotians. They should be angry about what we're hearing today."

TORY HOUSE LEADER CHRIS D'ENTREMONT

"This feeds right into the cynicism that is out there in the public that the people who are elected to the House of Assembly are all crooks and are in it for their own good. I don't believe that. And this doesn't help."

LIBERAL LEADER STEPHEN MACNEIL

Auditor general says he's not surprised



▶ Jacques Lapointe

Auditor general Jacques Lapointe said he had no expectations when he turned over a list of six MLAs to the RCMP for possible criminal wrongdoing.

But he said he wasn't surprised to learn yesterday four of them had been charged.

"I knew there'd be some kind of result. And then like everyone else I (had) to

wait and see what the (RCMP) announced," Lapointe commented at his office yesterday.

Lapointe said he was satisfied with the government's changes to the expense system, enacted after his office's damning report released a year ago this week. But he said that whether or not there were criminal wrongdoings be-

fore 2006 is impossible to say.

"We have no way of knowing," he said.

"We just followed up, as is our professional requirement, followed up information that came to us. So we judged at the time that well, going back that far, was far enough ... to look. Where do you stop?"

● ALEX BOUTILIER



News on the move

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- 2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
- 3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca



Hundreds of unwanted chihuahuas and terriers from California arrive to find homes in Canada. Video at metronews.ca

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New research reassures parents their scatterbrained teens are just fine. Scan code for story.

Team Manitoba athlete leaves ICU

Team Manitoba says a wheelchair basketball player who became seriously ill at the Canada Winter Games has been moved out of intensive care at a Halifax hospital.

Kyle Bunschoek, 16, of Stonewall was rushed to hospital on Saturday.

The nature of the injury hasn't been disclosed but the chief medical officer for the Games said Sunday it is not related to sports and is non-contagious.

Officials initially declined to identify the athlete and the sport he plays, but Team Manitoba said last night it now has the permission of Bunschoek's father.

Wally Bunschoek said in a release that he is overwhelmed and grateful to the doctors and nurses at the Halifax Infirmary, the Halifax Canada Games Host Society and Team Manitoba for the care his son has received.

THE CANADIAN PRESS

Plaskett rocks out

► Hundreds watch Halifax musician awaken Celebration Square ► Sloan takes the stage tonight at 7 p.m.

Joel Plaskett rocked it out last night to a very big crowd.

Celebration Square was packed with people of all ages enthusiastically taking in the first nighttime concert on the Grand Parade stage as part of the two-week-long outdoor concert series during the Canada Winter Games.

Halifax native Jazmine Hayden hadn't seen Plaskett play live before and was very much enjoying the free show on what was a damp night.

"It's an excuse to get out in the cold," she said.

"It gets people outside and involved in whatever way they can with the Games."

Hadyden's husband, Daniel Kyte, thought it was

a great way to spend Valentine's Day with his sweetie.

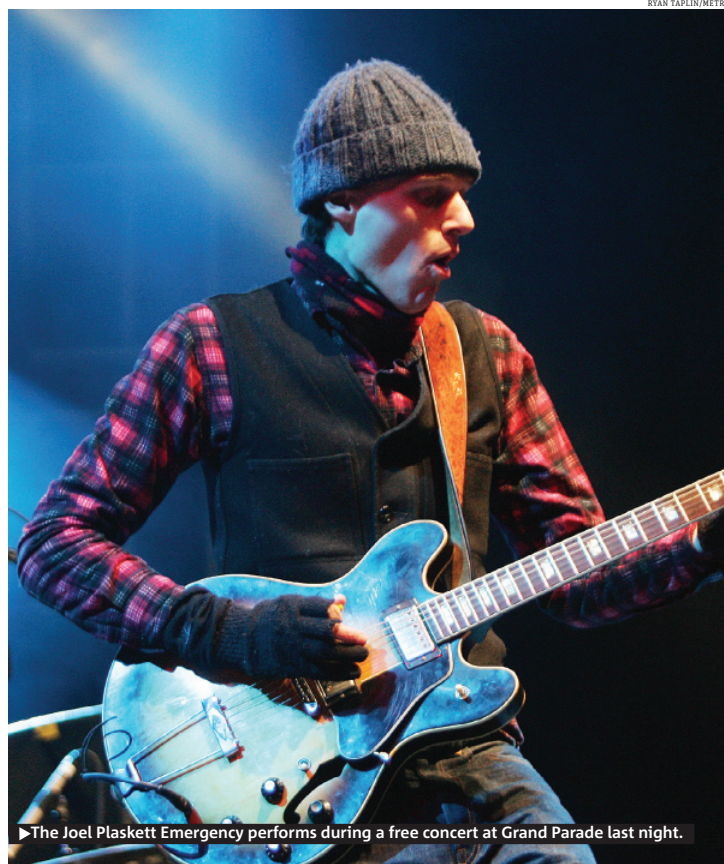
"The concert is good for today particularly," he said "It draws out people and it's inexpensive ... It's a good environment."

The atmosphere at Celebration Square was energetic as Plaskett and his Emergency Band took the stage and opened with Deny, Deny, Deny.

Plaskett was dressed for the weather in a colourful pea coat and for the first two songs had a large rose sticking out of the back collar. He later threw the rose into the front row for a fan.

"This is quite an event," the Halifax singer-songwriter told the crowd. "Really truly it's an honour to be apart of it."

● SHELBY MCDONALD



► The Joel Plaskett Emergency performs during a free concert at Grand Parade last night.

on the hou\$e

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Police concerned about crime increase

Crime was up slightly in HRM last year.

Halifax Regional Police and Halifax District RCMP released their year-end crime statistics yesterday which show the overall crime rate is up by four per cent, driven by a seven per cent rise in property crime.

However violent crime is down over five per cent. There were 11 homicides in 2010 — one fewer than in 2009.

Break and enters were up 13 per cent but thefts from vehicles are down by six per cent.

Robberies dropped dramatically by 21 per cent.

"HRM Partners in Policing recognize that crime is cyclical and we expect to see fluctuations in the crime rate," said the police in a release.

"The increase in 2010 concerns us and we remain committed to our crime reduction strategy.

Breaking trend

► This is the first time in over five years where the crime rate increased in HRM.

We need our citizens to assist us in reducing crime, particularly property crime."

● JENNIFER TAPLIN

HALIFAX RCMP

Cole Harbour man charged with sex assault

A 44-year-old Cole Harbour man is facing several charges including sexual assault against a female under the age of 16. Halifax police say

Court date

► James Ping Wong will face the charges at Dartmouth provincial court on Feb. 16

James Ping Wong is facing a total of four charges — sexual assault, sexual interference, luring a child via a computer and possession of child pornography.

Halifax RCMP spokesman Cpl. Scott MacRae said the 15-year-old victim and the man charged are known to

each other.

It's alleged the incidents took place last August.

"A complaint was brought forth by a person who knew the victim," MacRae said.

Police say officers searched the victim's home and seized several items, including a computer which allegedly contained pornographic images of children.

● PHILIP CROUCHER



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Games. Appreciation



► Mayor Peter Kelly accepts an elm bowl from Mayor Dan Rogers of Prince George, B.C., yesterday. Rogers says it's significant because of the unity HRM and the province are showing during the 2011 Canada Winter Games.

SHELBY MCDONALD/FOR METRO

HRM leads the way for Prince George

Prince George, B.C., is hosting the next Winter Games in 2015.

Arts and culture get V-day love

► Last fall consultants interviewed 1,000 people in 11 communities ► Initiatives will be 'expedited': Dexter



JENNIFER TAPLIN
@METRONWS.CA

Arts and culture got love but not money from the province on Valentine's Day.

Premier Darrell Dexter and David Wilson, minister of Communities, Culture and Heritage, promised support and several initiatives for the "creative economy." But no new money will be coming their way.

Arts Nova Scotia, an arm's length organization, will be created see to funding. As well, a leadership council will come up with a provincial cultural strategy,

5-point plan

- Introduce status of the artist legislation.
- Establish Arts Nova Scotia.
- Form a Creative Nova Scotia Leadership Council.
- Develop new interactive web site.
- Create interdepartmental government committee.

and a interdepartmental committee will focus government's efforts in the arts.

These initiatives stem from a consultants' report on arts and culture in the province.

There will be no extra money, but streamlining the process will help artists access more federal grants, Dexter explained.

"Right now it's a very difficult time in our province and what we've done over the past while is just try to protect the funding that's already there," Dexter said.

"But there are opportunities for funding we've been missing and we need to find a way to take advantage of that."

There will also be legislation coming to support artists in several ways that are yet to be determined, he added.

Trial of man charged with killing daughter delayed

The Crown and defence have agreed to reschedule the manslaughter trial of a 25-year-old man charged in the death of his baby daughter.

The trial of Ashiqur Rahman was scheduled to begin yesterday, but it was adjourned to Nov. 14. following a brief hearing in Nova Scotia Supreme Court in Halifax.

Crown prosecutor Mark Heerema said both sides have decided more time is needed before the trial can begin.

"Just to ensure that the court and all parties has all relevant information and evidence," Heerema said outside court.

"Given the type of evidence in this case it is not unexpected, from our point of view, that it's tak-



► Ashiqur Rahman

en this long."

Rahman appeared in court with his lawyer, Doug Murray.

Jane Elizabeth Gomes — the baby's mother and his former partner — pleaded guilty in April to failing to provide the necessities of life to her daughter and received a conditional discharge with six months of

No contact

► Ashiqur Rahman is not permitted to be around children under the age of five unless supervised by another adult.

probation.

They were arrested July 24, 2009, after staff at the IWK Health Centre reported a case of child abuse.

The couple's seven-week-old daughter, Aurora Breakthrough, died three days later.

The baby's parents were originally charged with aggravated assault, but the charges were upgraded to manslaughter eight months later after police received the final autopsy report. **THE CANADIAN PRESS**

Burglars target Mic Mac Hotel

Police are looking for two men after a robbery at the Mic Mac Hotel on Prince Albert Road in Dartmouth early yesterday.

Around 12:30 a.m., Halifax Regional Police say they received a 911 call about a robbery happening at the hotel.

A male night clerk was sprayed by a sensory irritant during the robbery, police say. The suspects were wearing bandannas and green hoodies.

Police say an undisclosed amount of money was stolen and the clerk was treated on scene for minor injuries.

● MORGAN O'HEARN

University gets \$1.4M for gas

The Nova Scotia government is helping Dalhousie University switch from heating oil to natural gas with a \$1.4-million contribution.

The conversion is part of the Halifax university's climate change plan for a sustainable campus.

The switch will eliminate sulphur and particulate emissions and will significantly reduce carbon dioxide emissions.

Energy Minister Charlie Parker says the move will also help expand the gas distribution network in Nova Scotia.

The project cost is estimated at \$1.8 million.

THE CANADIAN PRESS

Cops probe pellet gun report

Halifax Regional Police are trying to determine if someone fired a pellet gun at a woman jogging in north-end Halifax around noon on Sunday.

Police say the victim was jogging at Agricola and Mascara streets when she heard a popping sound and then felt something hit her in the arm.

The object came from a vehicle passing by, with police describing it as an older model red Honda CRV.

The weapon wasn't visible to the woman, police say, and she wasn't injured.

● METRO

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► Hazel McCallion shares a birthday moment with Prime Minister Stephen Harper on Valentine's Day.

FRANK GUNN/THE CANADIAN PRESS

HOW SWEET IT IS ONTARIO MAYOR RINGS IN BIG 9-0

Hurricane Hazel won her 12th term as mayor of Mississauga, Ont., last fall and hasn't slowed down as a four-hour birthday party attended by 2,000 fans held yesterday showed.

The former pro hockey player is still known to keep a pair of skates and a hockey stick in the trunk of her car in case she comes across a pick-up game.

She easily holds the title as the oldest mayor in Canada and hasn't mounted a formal election campaign in years.

But McCallion does say this will be her last term.

She was a rookie mayor when a CP train derailed with tankers of hazardous chemicals, forcing about 240,000 residents to flee their homes in November,

6th

Mississauga is now the third largest city in Ontario and the sixth largest in Canada with a population of 734,000.

1979.

But her handling of the situation won her the confidence of her city's voters, a feeling that hasn't changed in more than three decades.

She is also known for being frank.

Mississauga is debt free, one of the best run cities, fiscally, in the country, something most other municipalities in the Greater Toronto Area can only look at with envy.

THE CANADIAN PRESS

Prank calls leave eateries drenched

A flood of prank calls is leaving some North Vancouver restaurants soaked after staff are persuaded to set off the sprinkler systems.

The RCMP say 10 restaurants got calls from the pranksters on Sunday night, convincing staff at five of them to set off the sprinklers and soak the businesses.

There have been at least three other similar incidents in the Metro Vancouver area, including one in which two guests at a North Vancouver hotel were persuaded to turn on

sprinklers by a caller claiming the fire system needed to be tested.

Cpl. Peter DeVries of the North Vancouver RCMP says people should be suspicious of anyone calling and claiming to be a fire marshal or a sprinkler repair technician, saying fire suppression systems would never be tested over the phone.

The RCMP and North Vancouver Fire Department are warning business owners of the prank and trying to track down the source of the calls.

THE CANADIAN PRESS

Obama reveals details of 2012 budget proposal

► U.S. president's proposed \$3.73-trillion spending budget in 2012 could be axed by Congress ► Wants 1 million electric vehicles on road by 2015

U.S. President Barack Obama proposed a \$3.73-trillion budget yesterday that holds out the prospect of eventually bringing deficits under control through spending cuts and tax increases. But the fiscal blueprint largely ignores his own deficit commission's view that the nation is imperiled unless huge entitlement programs like Social Security and Medicare are slashed.

Obama called his new budget one of "tough choices and sacrifices," but most of those cuts would be held off until after the end of his first term.

Overall, Obama proposed trimming the deficits by \$1.1 trillion over a decade. The administration is projecting that the deficit will hit an all-time high of \$1.65 trillion this year and then drop sharply to \$1.1 trillion in 2012, with an expected improvement in the economy and as reductions in Social Security withholding and business taxes expire.

Obama's 2012 budget would actually add \$8 billion to the projected deficit for that year because the bulk of the savings he would achieve through a freeze in many domestic programs would be devoted to increased spending in areas Obama considers priorities, such



► President Barack Obama speaks to students at Parkville Middle School and Centre Technology in Parkville, Md., yesterday.

CAROLYN KASTER/THE ASSOCIATED PRESS

as education, clean energy and high-speed rail.

"We have more work to do to live up to our promise by repairing the damage this brutal recession has inflicted on our people," Obama said.

The president went to a middle school outside of Baltimore to highlight the education initiatives in his budget and told the crowd, "We can't sacrifice our future."

THE ASSOCIATED PRESS

Great Lakes cleanup on 2012 radar

U.S. President Barack Obama's 2012 budget calls for spending \$350 million on the Great Lakes cleanup program.

The proposal represents a cut from the \$475 million that Obama proposed and Congress approved for the Great Lakes

Restoration Initiative during his first year in office.

But it's an increase from the \$300 million that Obama sought for 2011. Congress has yet to approve the budget for the current fiscal year.

During his 2008 campaign, Obama pledged \$5 billion over a decade to battle invasive species, step up removal of toxic sediments and restore wildlife habitat.

THE ASSOCIATED PRESS

Holes found in military guidelines

"A major task force in our own country? This is not normal for us."

COL. SEAN FRIDAY

The Canadian military is revising the way it handles domestic operations after realizing there are gaping holes in the existing strategy.

Newly released documents show the 2010 Winter Olympics were an organizational nightmare because the military lacked what they call domestic doctrine.

Doctrine provides rules and protocol on how to handle different types of operations.

"The absence of adequate, or up-to-date, do-

mestic operations doctrine and policies resulted in excessive debate and distracted from the real task of planning and executing Op Podium," says the after-action report on the military's contribution to Olympic security.

Military planners were stymied by everything from what jobs they were and weren't prepared to do at the Games, to how to get all the soldiers they

needed for the plan.

Legal authorities that govern military activities at home are also flawed, the report suggests.

"Many of constraints imposed reflect pre-9-11 rationale and are not truly reflective of the types of tasks and unique CF capabilities routinely requested by our security partners," the report said.

The report was obtained by The Canadian

Press under Access to Information. "It is not to say that we're not ready at home, we are ready at home," Col. Sean Friday, deputy chief of staff for plans at Canada Command, said in an interview. The military branch was set up in 2006 to handle domestic and continental operations.

More than 5,000 soldiers took part in the three-month Olympic security operation, led by the RCMP. The overall budget was \$900 million.

THE CANADIAN PRESS

EGYPT

Ouster sparks strikes

Egypt's military rulers called for an end to strikes and protests yesterday as thousands of state employees, from ambulance drivers to police and transport workers, demonstrated to demand better pay in a growing wave of labour unrest unleashed by the uprising that ousted Hos-

ni Mubarak's regime.

The statement by the ruling military council that took power from Mubarak appeared to be a final warning to protest organizers in labour and professional unions before the army intervenes and imposes an outright ban on gatherings, strikes and sit-ins.

"It's hard for us to go back to work because people hate us," said one protester, a captain who was among the demonstrators.

THE ASSOCIATED PRESS

Iran police crack down on rallies

Clashes between Iranian police and tens of thousands of protesters wracked central Tehran yesterday as security forces beat and fired tear gas at opposition supporters hoping to evoke Egypt's recent popular uprising.

The rally is the first major show of strength for Iran's cowed opposition in more than a year.

Police used tear gas against the protesters in two squares in Tehran, as well as in other nearby main streets.

Demonstrators set garbage bins on fire to protect themselves from the stinging white clouds.

"An Iranian dies but doesn't accept humiliation," demonstrators chanted.

THE ASSOCIATED PRESS

New food and drink labels show allergens

▶ The exemption for beer came after hard lobbying from brewers, who argued that celiac sufferers already know that beer is made from grain

Celiac disease

Health Canada changes labelling rules for manufacturers.

▶ Health Canada estimates that five to six per cent of young children and three to four per cent of adults suffer from food allergies.

▶ Nearly one per cent of the population is affected by celiac disease. These people can suffer long-term complications from eating foods which contain gluten.

▶ Anaphylaxis Canada, an advocacy group for people with severe allergies, welcomed the new rules, but expressed disappointment with the exemption for beer.

New labelling rules will give consumers more detailed information about the presence of allergens, gluten and sulphites in food and drink, Health Canada said yesterday.

The department said the new labels will require manufacturers to clearly list the presence of such substances.

The rules will require a listing of allergens in smaller components of the product, as well.

For example, if a product includes spices, the label must declare if the spices contain allergens or gluten.

"These changes to food labels will make it easier for parents of children with food allergies to identify potentially harmful, if not fatal, ingredients in foods," she said in a state-



▶ Health Minister Leona Aglukkaq holds a news conference in Ottawa.

ment.

Milk, egg or fish products used to purify wines or spirits must also be listed on the label.

Beer, ale, stout, porter and malt liquor are

exempt from the new labelling rules.

The new requirements will be phased in over 18 months to give manufacturers time to comply.

THE CANADIAN PRESS

Jogger dies, saves dog first

Authorities in California say a 48-year-old runner who rescued a stray dog from traffic was then struck and killed by a vehicle in an unrelated crash.

The animal ran off after the collision.

THE ASSOCIATED PRESS

2 groups fight over \$50 M

The lottery corporation will pay out \$31.7 million today to a group of 19 Bell employees, the original winners.

The other 11 claimants must wait for a court to decide if their claim is valid. THE CANADIAN PRESS

John Edwards testifies in scandal

Two-time presidential candidate John Edwards has testified under oath in a lawsuit over a videotape that purportedly depicts him in a sexual encounter, an attorney for a former Edwards aide said.

Robert Elliot, lawyer for Edwards, said Edwards was deposed last week as part of a dispute between

former Edwards aide Andrew Young and Edwards mistress Rielle Hunter. Elliot declined to discuss the content of the testimony.

Hunter shot behind-the-scenes footage as Edwards prepared to launch his second White House campaign, Edwards acknowledged a year ago that he fathered a child

with Hunter, though Young had initially claimed paternity so Edwards could continue his campaign.

Meanwhile, a separate federal criminal investigation in Raleigh has drawn several people in recent months to testify before a grand jury. People familiar with the case have said in-

vestigators are examining how much Edwards knew about money used to cover up his affair and whether he violated campaign finance laws. The investigation is particularly focused on whether money given to Hunter and Young should have been considered campaign donations. THE ASSOCIATED PRESS

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Need new clothes? You may be hung out to dry

► Price of clothing to explode this year, analysts say ► Surge in cost of labour, materials mean retailers will pass on price increases to shoppers

The era of falling clothing prices is ending.

Clothing prices have dropped for a decade as tame inflation and cheap overseas labour helped hold down costs. During the recession retailers and clothing makers cut frills and experimented with fabric blends to keep prices low.

But as the world economy recovers and demand for goods rises, a surge in the costs of labour and raw materials is squeezing retailers and manufacturers. Cotton has more than doubled in price over the past year. The price of synthetic fabrics has also jumped roughly 50 per cent as demand has risen.

Clothing prices are expected to rise about 10 per cent over the next few months, with the biggest increases coming in the second half of the year, said Burt Flickinger III of Strategic Resource Group.

Higher costs also will affect how clothes are made. Clothing makers are blending more synthetic fabrics such as rayon and designing jeans with fewer embellishments. Shoppers also will have fewer colour choices.

Retailers are trying to figure out whether consumer demand that gave them strong holiday sales will last. The fear is higher prices will nip that budding demand. Stores that

cater to low- and middle-income shoppers will have the hardest time passing along price increases.

"We have been so used to deflation for years and years," said David Bassuk, managing director in the retail practice of AlixPartners. "Customers are going to be surprised."

On the production side, many Chinese factories that shut down temporarily in the depths of the recession still haven't

returned to capacity. As they ramp up, they're finding they have to pay workers more because of labour shortages, said John Long, retail strategist at consulting firm Kurt Salmon.

Until now, retailers have resisted passing along price increases to shoppers by shifting production to Vietnam and other lower-cost regions, turning to other materials and absorbing cost increases. **THE ASSOCIATED PRESS**

NO BALE-OUTS ON COTTON PRICES

The price for cotton has jumped to a 150-year-high, rising to \$1.90 per pound on Friday, more than double what it was a year ago, the International Cotton Advisory Committee says.

Cotton prices began soaring in August 2010 after bad weather cut

harvests in major producing countries including China, the U.S., Pakistan and Australia.

Restrictions on exports from India, the world's second-largest cotton exporter behind China, have also produced shortages. On top of that, worldwide demand has risen as the

global economy improves.

Raw materials account for 25 per cent to 50 per cent of the cost of producing a garment. Labour ranges from 20 per cent to 40 per cent, depending on how complicated it is to make, said David Bassuk of AlixPartners. **THE ASSOCIATED PRESS**

Grand slam. China



► A couple out shopping at a Beijing mall are helping to fuel China's historic rise as a global economic force.

ANDY WONG/THE ASSOCIATED PRESS

Reversal of fortune

China's economy surged to the world's second largest (after the U.S.) in 2010, surpassing that of Japan, which had held the title since 1968. Experts say China could overtake the U.S. between 2020 and 2030 if current growth rates are sustained.

RRSP survey shows market confidence: Analyst

With two weeks left to make a 2010 retirement contribution, an RRSP survey from RBC shows Canadians are investing with increased confidence in the markets, a sure sign of a greater sense of job security.

"When the economy falters, people respond to that by keeping their money out of the markets," said Lee Anne Davies, RBC's head of retirement strategies. "We are seeing

that the confidence is coming back and people are starting to move back into stocks and back into equities."

In 2008 and 2009 Canadians wanted immediate access to their "rainy day" savings because of decreased job security, Davies said. In 2010 an increase of seven per cent in planned contributions, most of which came from young contributors, and a decrease of five per cent in

February contributors are indications of increased job security, she said.

Though the percentage of last-minute, one-time contributors has decreased, the numbers are still high at 30 per cent, she added.

"I see how people get concerned, but if they keep contributing a little bit every month or so, they will have the advantage of compounding over time."

● MATTHEW LOPES

Saving race

- In 2010 the average reported market value of all RRSPs increased by 17 per cent, but the value for young contributors decreased.
- Among people 18 to 33, RRSP market value decreased by 16 per cent to \$26,907 in 2010 from \$32,212 in 2009. Though market value for young contributors decreased,

- those 18 to 33 plan on contributing an average of 36 per cent more this year.
- Contributors aged 35 to 54 increased their RRSP market value by 11 per cent to \$64,367 in 2010 from \$58,005 in 2009.
- RRSP market value for Canadians 55 and over increased by 17 per cent to \$101,513 in 2010 from \$86,513 in 2009.
- Deadline for 2010 contributions is March 1. (Statistics provided by RBC.)

Market moment

TSX



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(\$85.66 US)

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(+ 1.5¢ US)

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\$1,365.60
(+ 0.08¢ US)

AP/WIDEWORLD

RIM wants bite of Apple's tablet

BlackBerry maker Research In Motion is stepping up its efforts to take a share of the computer tablet market with the announcement of two additional PlayBook tablets this year. The tablets will support fourth-generation networks that are suited to video streaming and high amounts of data.

"We are now building on the BlackBerry PlayBook's many advantages with support for additional 4G networks that will allow

enhanced business opportunities for carriers and developers and unparalleled mobile experiences for users," said Mike Lazaridis, president and co-CEO.

The Waterloo, Ont.-based company is exhibiting at the Mobile World Congress in Barcelona, a major show featuring the latest developments in mobile communications.

RIM is expected to have its first PlayBook computer tablet out this spring, possibly in March, and will be

competing with Apple's iPad and tablets powered by Google's Android operating system.

National Bank Financial analyst Kris Thompson said he expects a "pent up" demand for the PlayBook from enterprise users since many businesses don't support Apple or Android's operating systems yet.

He said he expects RIM to ship 3.6-million PlayBooks in fiscal 2012 with an average selling price of \$481. **THE ASSOCIATED PRESS**



► LG's Optimus 3-D camera at the Mobile World Congress in Barcelona.

Bumper year for GM workers

General Motors Co. will pay more than \$189 million US in profit-sharing to 48,000 hourly workers and millions more in performance bonuses to salaried employees in the United States, according to a person briefed on the matter.

The company, less than two years out of bankruptcy protection, will pay most hourly workers more than \$4,000 each after a strong financial performance last

year, the person said. The payments are more than double the previous record payment of \$1,775 in 1999. GM's 28,000 salaried workers, such as engineers and managers, will get four per cent to 16 per cent of their base pay. GM is not giving annual pay raises.

GM made \$4.2 billion in the first nine months of 2010 and is expected to post a fourth-quarter profit.

THE ASSOCIATED PRESS

WHAT GIVES YOU THE HEEBIE-JEEBIES?

She says ...

**JESSICA
NAPIER**



Last week I read a story about a 34-year-old British woman who is extremely afraid of metal cutlery. She's been using plastic utensils for 17 years because the sound of a fork scraping against a plate gives her a panic attack.

Bizarre, right? But she's not alone. While popular phobias like snakes and spiders might get all of the attention, there are a wide variety of not-so-obvious horrors that give people the heebie-jeebies. Uncommon fears range from the weird (genophobia: Fear of knees) to the discriminatory (peladophobia: Fear of bald people) to the incredibly ironic

(hippopotomonstrosesquippedaliophobia: Fear of long words).

While these phobias might seem a bit silly, they can cause serious emotional distress.

My co-worker Magda, who is relatively sane for the most part, is terrified of pigeons. The phobia is taking over her life; she won't walk in certain parts of the city and runs shrieking from the subway when one of these "rats with wings" finds its way onto the platform.

Another friend has a bizarre aversion to cheese. I wouldn't classify her as a full-blown turophobe, but I have seen her run away from a slice of cheddar.

So where does an irrational fear of fromage come from? Are

phobias something we inherit in our genes or do we acquire these unusual anxieties over time?

Ever since I can remember I have been inexplicably frightened of elevators. There was no

traumatic childhood experience and I am fine with confined spaces but something about them makes me nervous. And so, when my

boyfriend and I found ourselves trapped in an elevator last year — because these sorts of things always happen eventually — I was anticipating the worst.

While he gave me a suggestive eyebrow raise and proposed we "take advantage of the situation" (wink, wink) I began shrieking uncontrollably; I was far from

turned on by the whole facing-my-worst-nightmare thing

However, after the hyperventilating subsided I realized that, yes, this was my greatest fear come true and yet — it wasn't all that bad. Unnerving and inconvenient maybe, but terrifying? Not so much.

Liberating yourself from a deep-seated phobia can be a long and difficult process, but sometimes it can be as simple as confronting it head on.

I'm over my issues with elevators, but now I have developed a new affliction. It seems that February has brought on a serious case of chionophobia — fear of snow.



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADLER

Things you do for love

SHOULD WE
BE WORRIED?



**Worth
mentioning**

It was one long kiss — one world-breaking embrace for mankind.

One determined Thai couple locked lips for 46 hours 24 minutes nine seconds to celebrate Valentine's Day in Pattaya, Thailand, emerging victorious and exhausted after a landmark "kissathon" that organizers claim marked the longest recorded smooch in history.

The previous record of a little more than 32 hours was set in 2009 by a couple in Germany, according to Guinness World Records, whose officials will have to verify the latest milestone for it

Smooching spectacle



APICHART WEERAWONG/THE ASSOCIATED PRESS

to become official.

Fourteen mostly Thai pairs entered the contest when it kicked off Sunday at 6 a.m. local time. By yesterday afternoon, half had already beaten the record and were still puckering up at a shopping mall in Pattaya. Passing tourists gawked and smiled at the spectacle, snapping pictures

with glowing cellphones.

The winner was announced before dawn early today: A Thai couple from Bangkok named Ekkachai and Laksana Tiranarat.

The pair won a diamond ring worth 50,000 Thai Baht (\$1,588), and a 100,000 Baht (\$3,177) cash prize.

THE ASSOCIATED PRESS

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Metro Minute at Celebration Square

Grand Parade will be rockin' again tonight as Halifax's Sloan takes the stage for a free concert as part of the Canada Winter Games.

Sloan will be joined by opener Grand Derangement at what is dubbed Celebration Square. Outdoor concerts are taking place throughout the two-week games, with show-

times set for 7 p.m.

Other acts lined up this week include Hey Rosetta! tomorrow night, Matt Mays Thursday and Great Big Sea Saturday.

There will also be noon-time shows over the next two weeks. Performing today is Dartmouth and District Pipe Band and Scotia Highland Dancers.

● METRO



CONTRIBUTED

► Sloan will play a free concert tonight at 7 at Celebration Square.

2 scene

Scene in brief



Radiohead is releasing its eighth studio album, this time with a price. The band announced yesterday that its latest release, *The King of Limbs*, will be available as early as Saturday. Unlike its last pay-what-you-want album, *In Rainbows*, this one will have a price. Fans can pre-order an MP3 download for \$9 or a higher-quality WAV version for \$14.

THE ASSOCIATED PRESS



Michael Jackson's dad visits Vietnam, invests in Happyland amusement park



► Esperanza Spalding poses backstage with the award for best new artist. The little-known Spalding beat out Canadian hopefuls Drake and Justin Bieber.

The woman who conquered Canada

► Jazz singer Esperanza Spalding overcame Bieber fever and Drake, but who is she? ► 26-year-old already an instructor at a prestigious school

Esperanza Spalding has performed for President Barack Obama, with jazz legends like Herbie Hancock — even before thousands of eager Prince fans.

But the acclaimed jazz singer and bassist was thrust onto the biggest stage of her life Sunday as she captured the best new artist trophy at the Grammy Awards, making history in the process. The 26-year-old Portland, Ore., native

became the first jazz artist to win the award in a stunner that saw her defeat Mumford & Sons, Florence and the Machine, rapper Drake, and the heavy favourite, teen pop phenom Justin Bieber.

"I feel really lucky that I got to be acknowledged on this stage in front of so many people who hopefully will get to experience my music, and I got there by doing what's really dear to

my heart," said Spalding backstage after her win.

You could say Spalding is the jazz world's Bieber: a young sensation who has been a top-seller in the genre, and with amazing hair, usually worn in a huge Afro. Her talents are deep: She's also a multi-instrumentalist, songwriter, producer and arranger; and was the youngest instructor at the renowned Berklee College of Music.

Her latest album, *Chamber Music Society*, blended her classical background with her jazz material. She had hoped for a nomination in the jazz categories and was surprised to be nominated for best new artist instead. Things were still surreal for her after her big win: "It's already weird that I'm here, sitting in front of you," she told reporters backstage.

THE ASSOCIATED PRESS

New artist winners

There have been some other big upsets in the new artist category.

- 1977 — Starland Vocal Band beat out Boston
- 1979 — A Taste of Honey wins over Elvis Costello and The Cars
- 1990 — Milli Vanilli wins (award later revoked)
- 1992 — Marc Cohn wins over Seal
- 1997 — LeAnn Rimes beats out No Doubt and Jewel
- 1998 — Paula Cole wins over Puff Daddy

Photo: Michael, 2009 © Jim French/CARE



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Living the high life

► Lady Gaga smokes 'a lot of pot' for musical inspiration

Lady Gaga gets a little help from marijuana when composing songs, she admits to 60 Minutes during an interview with Anderson Cooper.

"I still smoke a lot of pot when I write music," she says.

"I'm not gonna, like, sugar coat it for 60 Minutes, that I'm some, like, sober human being, because I'm not."

But the Grammy-winning singer was quick to add, "I don't want to encourage kids to do drugs."

● METRO



► Lady Gaga

DeGeneres' safe after intrusion

A woman was arrested late last week for trespassing on Ellen DeGeneres and Portia DeGeneres' Beverly Hills property, according to People magazine.

"The property is protected by a 24-hour security team that detected and detained the intruder until she was turned over to the custody of Beverly Hills police officers who arrested her," the talk-show host's rep says in a statement.

● METRO



► Ellen and Portia DeGeneres

Lohan's lawyer tries new tactic

Lindsay Lohan reportedly couldn't return the \$2,500 necklace she's charged with stealing because of her hectic schedule, according to Hollyscoop.

"Ms. Lohan was in possession of the necklace and wanted to give the necklace back to the store the day after she took it from the store, but she was very busy," the actress' assistant says in a police report.

Meanwhile, Lohan's lawyer is trying a new tactic. "We intend to challenge the prosecution's case because the truth is, Ms. Lohan didn't steal anything," Shawn Holley says. "But even if she had, it seems to me that the appropriate charge, based on the fair market value of

the goods, should have been petty theft and not grand theft. A \$5 lump of coal with a \$2,500 price tag is still a \$5 lump of coal."

● METRO

Celebrity tweets



Justin Bieber
[@justinbieber]

As for the awards...of course I wanted to win. Its been & still is a dream to win a grammy. Was I upset...yes. But I was happy for her also.



Lindsay Lohan
[@lindsaylohan]

@LadyGaGa really is amazing!!!!



Samantha Ronson
[@samantharonson]

I wish the itunes store was a vending machine.



Steve Martin
[@SteveMartinToGo]

I've been deposed in Egypt after my one day reign when a policeman told me to "please move along."

● METRO

Talking points

Will names his best man

Prince William will have his brother by his side when he ties the knot, as Buckingham Palace has announced that Prince Harry will serve as best man for the upcoming royal wedding. Kate Middleton has tapped her sister, Pippa, as maid of honour. ● METRO

Sheen back on the wagon

Charlie Sheen's at home rehab treatment seems to be working, according to TMZ, as the troubled actor has reportedly passed two drug tests in the past two weeks. Sheen has even found the time to deliver an anti-drug speech to the UCLA baseball team. His advice was simple: "Stay off the crack. Drink a chocolate milk." ● METRO

THE REEL GUYS WANT ANSWERS FROM REAL METRO READERS!

The 2011 Oscars are coming and The Reel Guys want you to weigh in on the nominations.

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Follow the progress of Metro writer Heather Buchanan as she tests out the new Ubisoft game for Xbox Kinect — Your Shape Fitness Evolved — and compares it to the experiences of having a real life trainer. Her first story appears on Metronews.ca today and will run twice a week, concluding with a wrap-up story in the Feb. 28 edition of Metro.

● METRO



Diet Pepsi launches 'skinny' can for fashion week; some critics give it a big no

Sports nutrition to help the rest of us

► You may not be an elite athlete, but that doesn't mean you should cut out the carbs ► An expert at the Canada Games tells Metro why



CELIA MILNE
LIFE@METRONWS.CA

Don't skimp on carbs if you are active. That message comes from Tristaca Caldwell, an expert in sports nutrition who is on hand to counsel athletes at the Canada Games in Halifax, on now until Feb. 27.

Although few of us need as much fuel as elite athletes, we should be conscious of what our bodies need based on activity level. A low-carb diet — avoiding bread, cereal, rice, pasta and potatoes — often strips weight off but may deprive muscles of fuel.

"If you are doing moderate to high intensity activities, your body relies mostly on carbohydrate and some fat to provide the energy it needs," says Caldwell, a dietitian and owner of Fuelling with Food nutrition counselling in Halifax. "Most of us have enough fat already stored, but we need to provide our bodies with carbs just before we exercise."

In the one to two hours before activity, aim for about 50 to 100 grams of carbs, she says.

Her examples include: a granola bar and a piece of fruit; whole grain toast with peanut butter and jam; a smoothie containing fruit, yogurt and milk; or a small bowl of cereal

Hydrating

There's a lot of confusion about hydrating.

► **Water** If you work out for less than an hour, all you need to drink during your activity is water. If you exercise for more than an hour, you can avoid "hitting the wall" by having 500 ml of a sports drink, water diluted with juice or a sports gel product, says Tristaca Caldwell, a dietitian and owner of Fuelling with Food nutrition counselling in Halifax. Not sure if you're getting enough liquid? Weigh yourself before and after a workout. "If you weigh more than two pounds less after a workout, you are not consuming enough liquid."

with milk.

After you exercise, you want to replace some of the carbs you burned and re-fuel for your workout the next day.

Having even five to 10 grams of protein following a workout is all most people need to make sure they maintain and build muscle mass. But in order to have this muscle-building effect, you need carbohydrates.

Examples: chocolate milk, fruit and yogurt, or whole grain crackers and cheese.



► Saskatchewan's Axel Morin races the men's 3000 metre speed skating event at the 2011 Canada Games in Halifax over the weekend.

MYTHS

How to eat around workouts

Tristaca Caldwell, a dietitian and owner of Fuelling with Food nutrition counselling in Halifax, clears up some myths about diet and exercise.

► I workout therefore I can



eat whatever I want
"We need to be concerned not only with the number of

calories we're feeding our bodies but where those calories are coming from," says Caldwell. Eat high quality calories (such as complex carbs).

► I don't need to eat after my workout. You need to replenish protein and carbs burned. "Pack a snack for after your workout if it's going to be more than an hour until your next meal," recommends Caldwell.

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Jane's on the Common — anything but ordinary

It may be busy, but this restaurant has a knack for delicious details

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONWS.CA

I'm lunching with two Donnas at Jane's — a busy, noisy restaurant with excellent service and consistently fine food.

Donna tries the Scallop, Lobster and Haddock Fish Cakes, orange-scented and full of flavour. The citrus-caper aioli is a lovely addition and there's a side spinach salad. Luckily, she allows me a taste but finds the serving small.

My other friend Donna goes for the Smoked Salmon and Potato Latkes topped with caramelized apple, horseradish aioli and a strong hit of melted



The Char-broiled Pork Burger is made with local free-range pork.

latkes are tasty, accompanied by a lemon sour cream and spinach salad.

My Char-broiled Pork Burger is excellent, made with local free-range pork, topped with caramelized apple, horseradish aioli and a strong hit of melted

Dragon's Breath Blue Cheese, one of my local faves. The accompanying Caesar Salad is great.

Since we're celebrating a birthday, Chocolate Hazelnut Torte is in order — a scrumptious and rich, but not too rich, finish.

Jane's on the Common
2394 Roble St., Halifax
431-5683
janesonthecommon.com
Reservations: Yes
Social lunch: Yes
Price range: \$\$\$
Rating: 4.5 out of 5

Ribs with Coffee Barbecue Sauce



Prep time:
20 mins
Marinating:
2 hrs
Cook time:
1 hr 30 mins

EMILY RICHARDS
FOOD@METRONWS.CA

Preparation:

1 In a saucepan combine coffee, molasses, chutney, vinegar, ketchup, Worcestershire sauce, salt and hot sauce; bring to boil. Reduce heat and simmer about 15 minutes.

2 Cut ribs into 2-rib portions. Place in roasting pan. Pour sauce over ribs and let cool. Cover with foil and refrigerate for at least 2 hours.

3 Bake, covered in 325 F (160 C) oven for 1 hour. Uncover and turn ribs, bake for 30 minutes or until meat almost falls off the bone. Remove ribs to serving platter. Spoon off fat from bar-

Ingredients:

- 2 cups (500 mL) brewed coffee
- 1 cup (250 mL) molasses
- ½ cup (125 mL) mango chutney
- ½ cup (125 mL) apple cider vinegar
- 1/2 cup (125 mL) ketchup
- 1 tbsp (15 mL) Worcestershire sauce
- 1 tsp (5 mL) salt
- 1 tsp (5 mL) hot pepper sauce
- 4 racks (about 4 lbs/2 kg) pork baby back ribs

becue sauce and pour into pitcher; serve with ribs.

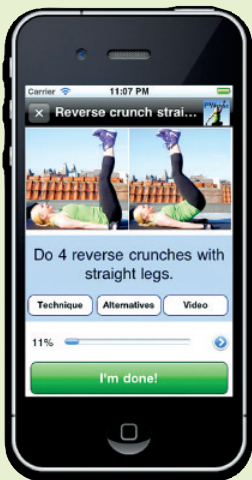
EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Fitness pick of the week:

The iPhone 'Po workout'

Swedish developer Susanna Jarl is the brain behind the 'Po Workout', a series of 12 fun workout routines that get you sweating with both cardio and strength training exercises (check out the reverse crunch in the photo). Each routine takes between five to 10 minutes and combines leg toning with fat burning or bum firming moves. Upload and share your workout performance on Facebook or tweet about your hard work. The peer pressure of sharing will keep you motivated all along.

ROMINA MCGUINNESS



For February 14th

Enrique Iglesias ft Ludacris - Tonight
Classified - That Ain't Classy
Diddy-Dirty \$\$ ft Skylar Grey - Coming Home
Wiz Khalifa - Black & Yellow
Britney Spears - Hold It Against Me
Bruno Mars - Grenade
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P!nk - Perfect
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► Henry & Jennifer

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Names: Henry, 20, and Jennifer, 20

Current city: Toronto

Together since: 2005

Their story:

It wasn't so much about how we met, but how we

actually ended up together...

After I (Jennifer) met my very first high-school friend in a technology class, she and I immediately started scoping out the boys at school. And she quickly honed in on one guy in particular — Henry.

After that, my friend and I spent most of our lunch hours stalking him!

So, I secretly added Henry on MSN with the intention of telling him about my friend and then surprising her with my

covert matchmaking.

But after Henry and I chatted and got to know one another, it was actually he and I who made a match.

We went on many secret lunch dates and love was definitely in the air. Lucky for me, my girlfriend moved on to the next hot guy at school, so she didn't mind that Henry and I were together!"

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ARE YOU SINGLE BY CHOICE OR BY LUCK?

Two Sisters

ANDREA & CLAIRE

RELATIONSHIPS
@METRONEWS.CA



I'm in my 30s, in good shape, pretty, smart — my friends say I'm a good catch. So why is it that I'm single? The men I meet are either way too keen, which is kind of a turn-off, or total players, which should be a turn-off but isn't. Either way, I'm still alone. Please help!

Andrea: Dear 30s, you obviously don't need a paper bag over your head to get lucky, so the question is: Is it possible that you're choosing to be single?

If you're carrying emotional baggage, you need to unload. Otherwise, your date won't have a chance at making you feel adored and adorable.

You'll be too busy won-

dering what he's thinking, where it's going, and end up in a straight-jacket.

Time for self-empowerment: Imagine if you switched roles, and you swept him off his feet. What kind of guy would be worthy? How would you do it?

When you look at it from this angle, you become more confident about your wants and needs, and maybe even have the guts to go after it. If you're still in the slumps after all this, forget Mr. Right and go find a Mr. Right Now.

You're way too stressed out.

Claire: Dear you-remind-of-

me, the good news is that you sound so awesome that I'd date you.

The bad news is that you don't sound sure about what kind of man you want, and your uncertainty radiates off you like Britney Spears' latest perfume.

So stop trying for a couple of weeks, and stop thinking about it. Then write down five things you don't want in a man, followed by five things you do want.

Keep it simple but clear. And when you do get back out there, consider that you don't have to respond to every man who hits on you: Ignore the player, and give the keener a chance.

And as my wise sister says, feel free to go after the one you want, too (even if he hasn't yet gone after you). What do you have to lose?

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

Red roses, red flags

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



It's the day after Valentine's, you've exchanged treats with your sweetie and all is well. Or is it?

Love should be all about romance and passion but the fact is money problems are a prime killer of relationships over time. If you aren't financially compatible with your partner the stress mounts up.

Most people wouldn't dream of choosing a mate based on their financial personality — unless, of course, you're looking for a sugar daddy or mommy. But how a person handles their money does reflect elsewhere in life.

As a public service to all the Valentines out there, here are nine, totally unromantic red flags to warn of a potentially disastrous relationship.

1. Lives at home but has no savings.



► When it comes to your partner's financial history, love can certainly be a battlefield.

2. Has a modest or part time income (nothing

wrong with that) but doesn't show any interest in working full time or bettering themselves.

3. Borrows money from you and has to be asked for it's return. (Make this a double red flag if he or she borrows money on a first date.)

4. Regularly borrows money from family members.

Money matters

- 86 per cent of couples argue about money
- 48 per cent of couples don't share the same money management philosophy. **SOURCE: CREDIT EDUCATION WEEK CANADA**

5. Uses a cheque cashing or pay day loan service.

6. Can't exactly explain what he or she does for a living — the last time I ran into this charming fellow had a grow op in his basement, but said he was into import/export.

7. Has stacks of unopened bills.

8. Makes lots of cash withdrawals.

9. Shows a reluctance or impatience to talk about anything financial.

If some of these red flags pop up, move cautiously. People can get very defensive about money so talking might be difficult. But don't give up because if you can't discuss every aspect of money you'll have serious problems down the road.

One way to break the financial ice — or relationship — is to suggest trading credit reports. This is the litmus test. If your main squeeze is still taking your phone calls the next day, you may have found yourself a keeper.

Fun and Frugal

LESLEY SCORGIE

MONEY@METRONEWS.CA



MY DIGITAL DOUGH

Ever forgot to pay a bill? Are your bank statements buried under heaps of paper in your kitchen? It's hard to keep your financial life on track and set goals for the future without organization.

Many online banks have recently developed "money trackers" which help you categorize and analyze your budget, expenses, savings and net worth; automatically rolling the information into slick looking pie charts and spreadsheets. These user friendly platforms will also keep track of important dates like when your mortgage is up for renewal. My favourite part about them is they're free for online banking customers!

You might run into some snags if you've got money scattered across multiple banks. Try to

consolidate accounts so you're dealing with one or two institutions.

Unless you've gone totally digital, you're receiving important documents by mail — insurance and bank statements, health records, bills, education records, certificates, receipts, etc.

Don't chuck these in the trash. You might need them for taxes, audits, or proving to a future employer you've completed high school.

Separate the paper into file folders with categories like "utility bills" or "RRSP statements." Then, store them in a basic filing cabinet — nothing fancy — pick up a cabinet on eBay or Craigslist for less than \$50. Order files alphabetically or by date. Avoid files labeled "other" because they'll become a dumping ground where you can't find anything.

Leafs send Versteeg to Flyers

Brian Burke made his second trade within a week, sending forward Kris Versteeg to the Philadelphia Flyers for first- and third-round draft picks in 2011. Versteeg's tenure with the Maple Leafs lasted just 53 games. In Philadelphia, he will get an opportunity to win the Stanley Cup for the second straight year. The 24-year-old was part of the Chicago Blackhawks team that beat the Flyers last spring.

Burke refused to wave the white flag on his team's season after acquiring Joffrey Lupul from Anaheim last week, but appears to have had a change of heart. This deal gives Toronto something it didn't have — a first-round pick, though the selection will come late because Philadelphia is challenging for the Presidents' Trophy.

Versteeg was one of Burke's biggest off-season additions last summer, ar-

riving from Chicago for Viktor Stalberg and prospects Chris DiDomenico and Phillippe Paradis.

However, he wasn't able to take the next step on a struggling team and had recently settled into a role on the Leafs' third line. He was sixth in team scoring with 35 points (14 goals, 21 assists) in 53 games.

Versteeg is set to earn \$3.083 million US next season in the final year of his contract. **THE CANADIAN PRESS**



BRUCE BENNETT/GETTY IMAGES

Kris Versteeg

Raonic still coming to grips with success

Ontario tennis player jumps 25 places in ATP rankings

Milos Raonic says his stunning accomplishments on the tennis court in the last two months have yet to sink in.

After last month's surprising fourth-round showing at the Australian Open, Raonic, 20, upset ninth-ranked Fernando Verdasco in Sunday's final at the SAP Open to become the first Canadian since Greg Rusedski in 1995 to win an ATP Tour tournament.

That victory in San Jose, Calif., made him the youngest ATP winner since Marin Cilic took New Haven in 2008 as a 19-year-old.

It also saw Raonic, who grew up in Thornhill, Ont., jump 25 places to No. 59 in yesterday's ATP Tour rankings after starting the year at 156th.

"I haven't grasped what

"The positive thing is there's a lot to work on, so there's space for improvement."

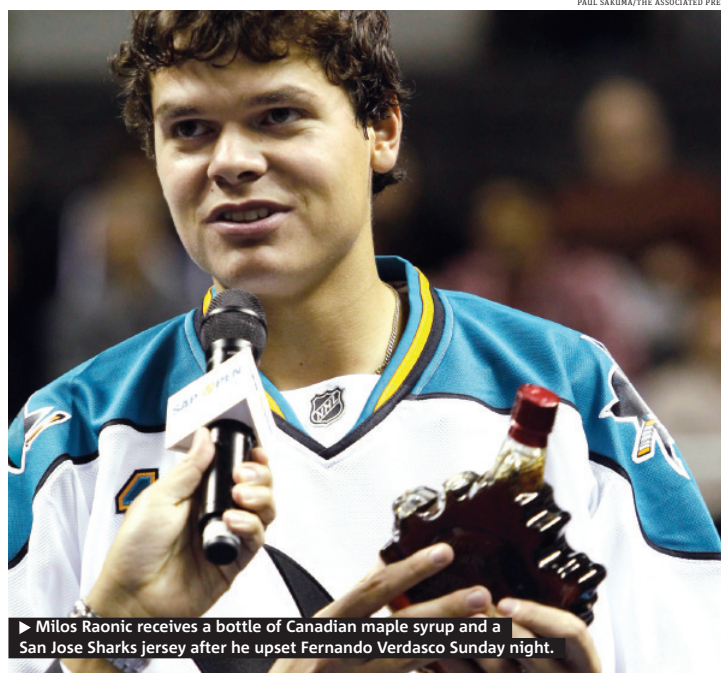
MILOS RAONIC

happened and how it changed everything," Raonic said on a conference call from Memphis, Tenn. "Right now is not the time to think about that."

It's been a wild year for the six-foot-five right-hander with the thundering serve, who several experts feel will almost certainly be a top-10 player one day.

At the Australian Open, he downed 10th-seeded Mikhail Youzhny and No. 22 Michael Llodra to reach the round of 16, where he fell to Spaniard David Ferrer.

THE CANADIAN PRESS



PAUL SAKIMA/THE ASSOCIATED PRESS

Milos Raonic receives a bottle of Canadian maple syrup and a San Jose Sharks jersey after he upset Fernando Verdasco Sunday night.

In brief



The Dalhousie Tigers open the Atlantic University Sport men's hockey playoffs on Thursday in Antigonish.

The Tigers, who earned the sixth and final AUS playoff spot and are back in the post-season for the first time since 2004, face the St. Francis Xavier X-Men in the best-of-three quarter-finals.

Game 2 is at Memorial Arena in Halifax on Saturday at 2 p.m., while Game 3, if necessary, is back in Antigonish on Monday at 7 p.m.

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Nova Scotia

Nova Scotians owning the ice

► Hometown favourites improve to 3-0 with gritty win over Northwest Territories ► Tough tests ahead against Manitoba and British Columbia



MATTHEW WUEST
@METRONEWS.CA

With the crowd literally by their side, Emily Dwyer and Team Nova Scotia are blazing a trail to the playoffs at the new-look Mayflower Curling Club.

The Lower Sackville skip steamrolled another Canada Winter Games opponent yesterday, beating the Northwest Territories

7-3 to improve her perfect record to 3-0 on home ice.

Yesterday's win came with many local curling fans cheering her on from Mayflower's new rink-side bleachers, installed specifically for the Games and metres away from Dwyer's sheet of ice.

"It's such a transformation," Dwyer said of the overhauled club. "Having all the fans on the ice, it's nothing we've ever experienced before. But it's definitely helping us — clearly — so it's good."

There were tense moments early in yesterday's match as the two squads headed into the sixth end tied 3-3. But Dwyer's rink, featuring Dartmouth natives Amanda Colter and Laura Kennedy and Halifax's Katrina MacKinnon, scored two in the sixth and stole two more in the seventh for another comfortable win.

Their two wins on Sunday were by 8-4 counts.

"The competition's very fierce, so we knew we had to come out strong," Dwyer said. "That's what we've been doing for the past two days."

With two days remaining in the preliminary round, Nova Scotia faces winless Manitoba (0-3) today at 10 a.m. and unbeaten British Columbia (3-0) tomorrow at 2:30 p.m.

Nova Scotia is tied atop the pool with B.C., with the top two teams advancing to Thursday's semifinals.

"As the Games go on, we're going to face stronger teams," Dwyer said. "Each game is going to get tougher and tougher and more meaningful."

Women's curling standings

POOL A		
	W	L
NOVA SCOTIA	3	0
B.C.	3	0
N.B.	1	2
N.W.T.	1	2
SASK.	1	2
MAN.	0	3
POOL B		
	W	L
ALTA.	2	0
ONT.	2	0
N.L.-LAB.	1	1
YUKON	1	1
P.E.I.	0	2
QUE.	0	3

*TOP TWO TEAMS ADVANCE TO SEMIFINALS



► Skip Emily Dwyer throws a rock during Nova Scotia's game against the Northwest Territories yesterday. Nova Scotia won 7-3 to improve to 3-0.

More Games

Yesterday's standouts



LAUREN MORSE
Ringette

The 19-year-old Berwick native piled up two goals and an assist as Nova Scotia (2-0) stayed unbeaten with an 8-3 win over P.E.I.



NATHAN MacKINNON
Hockey

The gifted centre from Cole Harbour scored twice, but winless Nova Scotia (0-3) fell 5-4 to Quebec in overtime.



ABBEY STUBBERT
WHEELCHAIR BASKETBALL

The Heatherton native played the full 40 minutes and had 11 points and eight rebounds in Nova Scotia's 66-37 loss to Manitoba.



NIHAM CAMPBELL
Squash

The Halifax native won her match 3-0 to help the Nova Scotia women beat P.E.I. 3-1 in the afternoon. The team is 1-2.

Gymnasts break new ground

Nova Scotia's artistic gymnastics team made provincial history yesterday at the Canada Winter Games.

The squad just missed bronze in the men's team competition at the Canada Games Centre, but its fourth-place showing

marked the province's best-ever finish at the event. Buoyed by third-place finishes in floor exercise and pommel horse, the Bluenose contingent posted a total score of 294.75 points, 8.4 points behind Ontario.

Nova Scotia's seven-member squad finished ahead of Alberta and Saskatchewan, while Quebec took gold and British Columbia silver.

● METRO

Medal standings

THRU MONDAY'S EVENTS				
	G	S	B	Tot.
QUEBEC	9	10	6	25
ALBERTA	6	4	4	14
B.C.	2	3	6	11
ONTARIO	2	1	3	6
SASK.	1	1	0	2
N.B.	0	1	1	2
MAN.	0	0	1	1
N.L.	0	0	1	1
N.W.T.	0	0	0	0
NOVA SCOTIA	0	0	0	0
NUNAVUT	0	0	0	0
P.E.I.	0	0	0	0
YUKON	0	0	0	0

N.S. hockey on thin ice

Nova Scotia's men's hockey team fell 5-4 in overtime to 2003 gold-medallist Quebec at the Metro Centre yesterday in Canada Winter Games play. The squad is 0-3 and must win today's 4 p.m. tilt with Newfoundland and Labrador to advance to the medal round.

● METRO

WHEN TARGET SHOOTING

AIM STRAIGHT FOR THE HEART



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► Nova Scotia's Eric Higgins competes in the target-shooting air-rifle team event at Sackville High School yesterday. Nova Scotia's men's team finished the event in sixth place.

More than a steady hand

► Athletes take one shot for each target ► Men shoot 60 targets in an hour and 45 minutes ► Women have 40 to shoot in an hour and 15 minutes



JENNIFER TAPLIN
@METRONEWS.CA

Staying focused and standing still for over an hour might be hard for most teenagers.

But nearly 40 athletes showed how it's done at Sackville High School yesterday for the target-shooting air-rifle team event at the Canada Winter Games.

Teams of two shooters took aim on postcard-sized target cards and their

scores were added together. The individual air rifle and pistol events are still to come this week.

All seven members of Nova Scotia's shooting team — air rifle and pistol — are fairly new to the sport. But because they're so young, four will be age-eligible to compete again in the next Games.

Caleb Purdy, a 15-year-old from Cole Harbour, got into shooting just over a year ago when someone from the shooting team

Local results

► Nova Scotia women came in seventh place and the men came in sixth at the air-rifle team event yesterday.

scouted for talent at a cadets' meeting.

"I think I did pretty good," he said yesterday.

Early on there was a problem with the target machinery and Purdy had

to switch lanes. He said it didn't shake him too much.

"It would just be another thing to worry about," he said.

Eric Higgins, 15, took it slow and used up almost all of his time allowance to make his shots.

"I got a little tired going through the middle," said Higgins, from Kentville.

It's stressful competing at this level, he added.

"But you learn to block it out."

Events to watch

Today's Canada Games highlights



ARTISTIC GYMNASTICS

At Canada Games Centre

The women's individual all-around competition begins at 5:30 p.m.



BIATHLON

At Ski Martock, Windsor

The men's 10-kilometre sprint is at 10 a.m. and the women's 7.5-kilometre sprint is at 1 p.m.



CURLING (WOMEN'S)

At Mayflower Curling Club

Unbeaten Nova Scotia, 3-0, goes up against winless Manitoba, 0-3, at 10 a.m. as the preliminary round continues.



HOCKEY (MEN'S)

At Dartmouth Sportsplex

Nova Scotia, 0-3, plays Newfoundland and Labrador at 4 p.m. in one last chance to stay in medal contention.



RINGETTE

At Cole Harbour Place

Nova Scotia puts its 2-0 unbeaten record on the line against Manitoba at 9 a.m. and Alberta at 2 p.m.



SQUASH

At Saint Mary's University

The women, 1-2, face Saskatchewan at 6:30 p.m. and the men, 0-2, play Quebec at 9 a.m. and P.E.I. at 3:30 p.m.



TARGET SHOOTING

At Sackville High School

The men's and women's team air pistol medal rounds are at 9 and 11:15 a.m.



WHEELCHAIR BASKETBALL

At Citadel High School

Nova Scotia, 0-2, wraps up preliminary round against P.E.I. at 3 p.m.

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CARDINALS

Pujols
deadline
extended

The St. Louis Cardinals and representatives for Albert Pujols have agreed to a 24-hour extension to reach a new contract out of respect for Stan Musial.

The Cardinals Hall of Famer will be awarded the Presidential Medal of Freedom in Washington today and general manager John Mozeliak said yesterday the club did

not want to distract from Musial's special day. Chairman Bill DeWitt Jr. and Mozeliak will accompany the 90-year-old Musial to Washington.

Pujols' agent, Dan Lozano, originally set a Tuesday deadline, the first workout day for pitchers and catchers in Jupiter, Fla. Mozeliak said the new deadline is noon ET tomorrow.

Pujols is due to make \$16 million US this season in the final year of his contract, with \$4 million of the total deferred without interest.

THE ASSOCIATED PRESS



► Blue Jays players warm up yesterday during spring training in Dunedin, Fla.

A clean slate for the Jays

- Organization's identity in flux without a true superstar
- New manager John Farrell refuses to make predictions for 2011

Spring training regularly lends the notion of renewal and hope, but at the opening of Jays camp there was the sense of something else. Change.

It started with the hiring of GM Alex Anthopoulos last season and arrived fully when pitchers and catchers took to the field for the first time yesterday.

That field, for the first time in recent memory, didn't hold a superstar pitcher, player or manager. Instead, there was the belief of carrying onwards and upwards from a promising trend started last season.

Still, manager John Farrell didn't make predictions on where the Jays may end up in the win column.

"No numbers placed on wins, to me that's counterproductive," Farrell said.

Farrell played everything smart and steered away from speculation. Not even with the opening day pitcher,

Bautista salary

Jose Bautista's arbitration hearing slated for yesterday was shelved to enable more contract talks with the Blue Jays.

► The slugger had reportedly asked for a one-year deal worth \$10.5 million US in arbitration. The team responded with a figure of \$7.6 million.

► Bautista, 30, is eligible to become a free agent after next season. He led the major leagues with 54 home runs last season and hit .260 with 124 RBIs.

er, who is expected to be Ricky Romero.

"We're not even close to the point of speculating who will be the opening day starter," Farrell said, opening the door to competition rather than raining doubt down on Romero.

"Sometimes trying to (name a starter) brings out greater expectations. What we have is a great group of young starters who work off each other, but there's a lot of work to be done yet."

There's a feeling out process for the new manager, since he is going by this title for the first time.

Most everyone expects the Jays to live up to Farrell's promise of more aggressive

base running, rather than reliance on the home run. There is more speed in camp than in recent memory, but also less home run potential than the 2010 team. There's no swagger normally attached to a superstar coming into camp.

While the club worked out in Dunedin Fla., Jose Bautista was awaiting an arbitration hearing in Arizona.

Farrell has a mostly set rotation with Romero, Brandon Morrow, Brett Cecil, and Kyle Drabek. But there's no sense in throwing down that gauntlet with six weeks of spring training to go and the organization holding a true strong suit — young pitching.

Farrell threw down the same scenario for the bullpen, where a partial rebuild brings competition for the closer's role.

Further competition for jobs in the outfield and first base promise to dominate camp.

But all the talk around Bautista, and closers Frank Francisco, Jason Frasor, Octavio Dotel and Jon Rauch, tends to overshadow another important aspect of spring — the rise of the prospects.

The truest of them all appears to be minor league base-stealing king Anthony

Gose. But the list of others is promising. Pitchers like Henderson Alvarez, Joel Carreno, Chad Jenkins, first rounder Deck McGuire, and AA star Zach Stewart. Add catcher Travis Darnaud, infielders Adeiny Hechavarria and Bret Lawrie, and outfielders Darin Mastroianni and Moses Sierra, and the sense of competition grows.

Farrell knows predictions are out of bounds for now. The Jays aren't expected to contend with Boston and New York, but they can continue to knock at the door, and that appears what the theme is for now.

"Our focus will be on what we can control," Farrell said. "And that's how we prepare in spring, how we prepare nightly for games. We can't sit here and say that until Boston and New York change their teams or change their market size, that's when we'll compete. Our focus is to build on what we started last year, things that will make us a contender."

TORSTAR NEWS SERVICE

257

The Jays led the majors in 2010 with 257 homers, scoring 53 per cent of their runs via the long ball.

Darrell Dexter
Premier, MLA Cole Harbour

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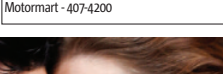
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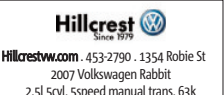


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stock # u098042



Hillcrestvw.com . 453-2790 - 3154 Robie St
2007 Volkswagen Golf City
2.0l 4cyl, automatic trans. 72k
\$12,980 plus fees and taxes
stock # u009358



Hillcrestvw.com . 453-2790 - 3154 Robie St
2007 Volkswagen Golf City
2.0l 4 cyl, 5spd manual trans. 73k
\$12,980 plus fees and taxes
stock # u004769



Hillcrestvw.com . 453-2790 - 3154 Robie St
2007 Volkswagen Jetta
2.5l 5cyl, 5spd manual trans. 84k
\$13,940 plus fees and taxes
stock # u012269



Hillcrestvw.com . 453-2790 - 3154 Robie St
2007 Volkswagen Jetta
2.5l 5cyl, 6 spd automatic trans. 104k
\$13,900 plus fees and taxes
stock # u002693



Hillcrestvw.com . 453-2790 - 3154 Robie St
2007 Volkswagen Passat
2.0l T 4cyl, 6spd manual trans. 80k
\$14,900 plus fees and taxes
stock # u051657



Hillcrestvw.com . 453-2790 - 3154 Robie St
2007 Volkswagen Passat
2.0l T 4cyl, 6spd automatic trans. 81k
\$14,950 plus fees and taxes
stock # u014481



Lexus IS 250
6cyl. auto, loaded,
leather, sunroof
75,000km



2007 Dodge Caravan - 6 cyl, 7 pass, fully equipped, Excellent Condition, 92,000 kms,
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Trimble Court Town Home:
Just Off Of The North West Arm Drive
Available Immediately. 3 Level, 3 bedrooms, 4 bathrooms. Rent Includes: 5 appliances, Lawn care, Snow Removal from the Cul Du Sac, Single Car Garage, hardwood & ceramic flooring, Behber carpet in the bedrooms.
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Email: caxtonclose@ns.sympatico.ca
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Website: www.880view.ca

Apartments Unfurnished

Parkland Arms - 390 Parkland Dr. Clayton Park Halifax, NS
Available April and May 2 bedrooms, 2 full bathrooms
Includes heat, hot water, fridge, stove, dishwasher, washer, dryer and 1 outside parking.
For more info, Call: 902-880-8439
Email: caxtonclose@ns.sympatico.ca
website: www.880view.ca

Parkland Arms - 422 Parkland Dr. Clayton Park
Available March & April 2 & 3 bedrooms, 2 full bathrooms
Rent includes: heat, hot water, fridge, stove, dishwasher, washer, dryer and 1 outside parking.
For More info Call: 902-880-8439
Email: caxtonclose@ns.sympatico.ca
Website: www.880view.ca

Apartments Furnished

Barrington Narrows - 3260 Barrington St.
2 Bedrooms, 2 full bathrooms furnished suites available immediately. Includes all utilities, basic Aliant TV, DVD, linens, cookware, glassware, fridge, stove, dishwasher, washer, dryer, 1 underground parking. Everything you need for your home away from home.
To inquire or view please contact: 902-880-8439, Email: caxtonclose@ns.sympatico.ca
Website: www.880view.ca

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Large Aerial View, framed picture of Halifax/Dartmouth and the harbor. 8 feet by 4 feet. Great for a large wall or lobby. Located in Dartmouth. Call 902-441-9785



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Personals

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Crossword

Across

1 Hydrox competitor

5 Scoff

9 Police officer

12 Labor

13 Wheelbase terminus

14 Regret

15 Tablets of ruled yellow paper

17 Venomous viper

18 Verse

19 Society layer

21 Fess up

24 Quite

25 Sticky substances

26 Collar style

30 Ostrich's cousin

31 Wide

32 Fuss

33 Wanting

35 Probability

36 Periodic table entry (Abbr.)

37 Tending to nitpick

38 See 11-Down

40 Help a crook

42 Chicken — king

43 Some skateboarders' protection

48 Scoundrel

49 Marsh plant

50 Loosen

51 Type measures

52 Faction

53 Body artwork, for short

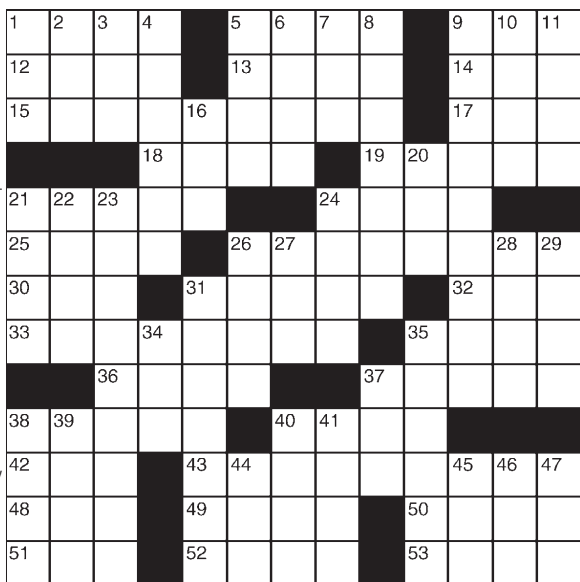
Down

1 Hooter

2 Shad product

3 Work unit

4 They look like short-necked giraffes



5 Mock

6 Reason to cram

7 Time gone by, once

8 Saved

9 Places to stay temporarily

10 Eject

11 With 38-Across, cartoon skunk

16 Parcel of land

20 Spanning (Abbr.)

21 On in years

22 Cupola

23 Computer accessories

24 Male deer

26 Proper partner?

27 A billion years

28 Throws in

29 Inquisitive

31 Milwaukee team

34 — de-France

35 Product

37 Not many

38 Chantilly, e.g.

39 Verve

40 Not up and about

41 Presage

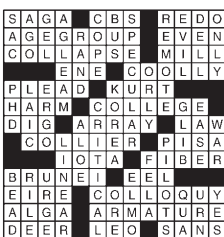
44 Hawaiian neckwear

45 Literary collection

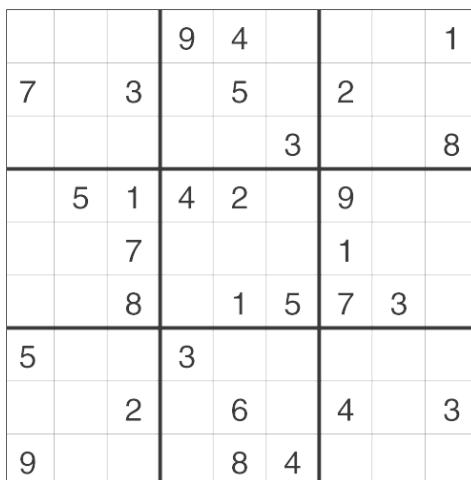
46 Banned insecticide

47 "Help!"

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

6	7	8	5	1	4	2	3	9
1	2	9	3	8	6	7	4	5
4	5	3	2	9	7	1	8	6
2	3	6	4	5	9	8	1	7
5	1	4	7	6	8	3	9	2
9	8	7	1	3	2	5	6	4
8	4	2	9	7	1	6	5	3
3	9	1	6	2	5	4	7	8
7	6	5	8	4	3	9	2	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

K-swizzle, You are the most random, spontaneous person we have ever met, and we would never change any part of you. Happy Cornflakes Day!

LOVE, B-SWIZZLE AND C-SWIZZLE

My Beloved I LOVE U! ... You put a smile on my face. I LOVE U! because of ur sweetness, ur kindness and ur thoughtfulness. I LOVE U! because u appreciate me and u appreciate my effects to romance u. I thank u for bein U **YOUR DEAR POOKS**

Devin.... Roses are red, Violets are blue And no one misses you As much as I do **YOUR TOOTHAIRY**

Marcucio, I love you SO MUCH and I promise to love you with everything I have now and always! You are the bounce to my step and the music to my ears. Most importantly you are my best friend. **LOVE, MELSTAR**

Today's horoscope

♈ Aries March 21-April 20

Steer clear of fights and feuds today because you have nothing to gain by going head-to-head with people whose views you think are stupid.

♉ Taurus April 21-May 21

Put some distance between yourself and people you can tell are trying to rub you up the wrong way. Also, let employers and other important people know that if they want your support, it has to be earned.

♊ Gemini May 22-June 21

There is still plenty of time to make your mark on the world but you have got to get serious about it. What you do, or don't do, over the next few days will determine whether you're a winner or a wannabe.

♋ Cancer June 22-July 22

Your sixth sense tells you there are changes coming that can improve your lot financially and emotionally. Don't listen to what others say you should do. Act on your own beliefs.

♌ Leo July 23-Aug. 23

Somehow along the way, you seem to have forgotten that life is supposed to be an adventure. Your first priority is to put some fun back into your daily doings. Work hard, play hard and always keep smiling.

♍ Virgo Aug. 24-Sept. 22

The Sun's move into your opposite sign of Pisces next weekend marks the halfway point of your solar year. Start thinking about what you can learn from the past six months.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23

The past few weeks have been hectic but there's still a lot to be done before the Sun changes signs on the 19th. There is no limit to what you can accomplish, so don't just sit there.

♏ Scorpio Oct. 24-Nov. 22

You have wasted enough time on senseless disputes. Promise yourself that from today you will focus on more important matters. Look forward to what you are going to accomplish.

♐ Sagittarius Nov. 23-Dec. 21

You are too stubborn to admit that your present course is taking you in the wrong direction. There are times when your huge self-belief can be a blessing, but this isn't one of them. Change.

♑ Capricorn Dec. 22-Jan. 20

Make sure everyone knows you are not the sort of person who can be intimidated or bribed. There is a stubborn side to the Capricorn nature and it will be evident today.

♒ Aquarius Jan. 21-Feb. 18

Make the most of the Sun's last few days in your birth sign. Take advantage of each opportunity that comes your way. Any day can be a new beginning but today, and tomorrow, most things will come easily.

♓ Pisces Feb. 19-March 20

The last few weeks have been anything but easy and there are no doubt more challenges to come, but already you can sense that your luck is beginning to turn. **SALLY BROMPTON**

Caption contest

"If that old guy could lift a house, a car should be easy. Right?"

BEICEDORE



WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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Use your mobile application

Deals of the week

CARIBBEAN & MEXICO | AIR, HOTEL & TRANSFERS • 1 WEEK

BERMUDA

Grotto Bay Beach Resort (★★★★) Superior oceanview rm. • Feb. 26

\$829

Add taxes & other fees: \$121

BERMUDA

The Fairmont Southampton (★★★★★) Fairmont rm. • Feb. 26

\$1629

Add taxes & other fees: \$121

CUBA | Cayo Coco/Cayo Guillermo

Emperador Laguna Villas & Resort (★★★★) All-Inclusive • Club Laguna rm. • Mar. 19 & 26

\$999

Add taxes & other fees: \$155

CUBA | Varadero

Allegro Varadero (★★★★) All-Inclusive • Superior rm. • Mar. 11 & 18

\$1049

Add taxes & other fees: \$155

CUBA | Varadero

Sirenis La Salina Varadero Beach Resort (★★★★) All-Inclusive • Standard rm. • Mar. 18

\$1199

Add taxes & other fees: \$155

CUBA | Holguin

Sirenis Playa Turquesa (★★★★) All-Inclusive • Superior rm. • Mar. 19 & 26

\$1139

Add taxes & other fees: \$155

JAMAICA

Sunset Jamaica Grande Resort & Spa (★★★★★) PRIVILEGES All-Inclusive • Traditional standard rm. • Apr. 18

\$1299

Add taxes & other fees: \$98

JAMAICA

Gran Bahia Principe Jamaica (★★★★★) PRIVILEGES All-Inclusive • Junior suite • Apr. 11

\$1529

Add taxes & other fees: \$98

GRENADA via Toronto

Grenadian by rex resort (★★★★) All-Inclusive • Hillside rm. • Mar. 19 & 26

\$1579

Add taxes & other fees: \$187

DOMINICAN REPUBLIC | Puerto Plata

Bahia Principe San Juan (★★★★) PRIVILEGES All-Inclusive • Standard rm. • Mar. 16

\$849

Add taxes & other fees: \$170

DOMINICAN REPUBLIC | Punta Cana

Occidental Grand Punta Cana (★★★★) All-Inclusive • Junior suite • Mar. 19 & 26

\$999

Add taxes & other fees: \$170

DOMINICAN REPUBLIC | Punta Cana

Gran Bahia Principe Punta Cana (★★★★★) PRIVILEGES All-Inclusive • Junior suite • Mar. 19 & 26

\$1199

Add taxes & other fees: \$170

DOMINICAN REPUBLIC | Samana

Gran Bahia Principe El Portillo (★★★★★) PRIVILEGES All-Inclusive • Standard rm. • Mar. 10, 17 & 24

\$1199

Add taxes & other fees: \$170

ST. MARTIN/ST. MAARTEN via Toronto

Le Flamboyant Hotel & Resort (★★★★) Breakfast • Standard rm. garden view • Mar. 26

\$1119

Add taxes & other fees: \$191

MEXICO | Cancun/Riviera Maya via Toronto

Occidental Grand Xcaret (★★★★) All-Inclusive • Deluxe rm. • May 27

\$1109

Add taxes & other fees: \$246

MEXICO | Cancun/Riviera Maya via Toronto

Gran Bahia Principe Tulum (★★★★★) PRIVILEGES All-Inclusive • Standard rm. • May 27

\$1239

Add taxes & other fees: \$246

MEXICO | Los Cabos via Toronto

Royal Solaris Los Cabos Resort All Inclusive & Spa (★★★★) All-Inclusive • Deluxe rm. • Mar. 5

\$1159

Add taxes & other fees: \$288

MEXICO | Puerto Vallarta/Riviera Nayarit via Toronto

Meliá Puerto Vallarta (★★★★) PRIVILEGES All-Inclusive • Deluxe garden view rm. • Mar. 20 - 31

\$1399

Add taxes & other fees: \$153
Add \$85 for Sat. & Sun. departures

USA | AIR & HOTEL

NEVADA | Las Vegas via Montreal

Circus Circus Hotel & Casino (★★★★) Hotel • tower rm. • Apr. 30 • 3 nts.

\$689

Add taxes & other fees: \$131

FLORIDA | Orlando via Montreal

Clarion Resort & Waterpark (★★★★) Double or twin guest rm. • Mar. 23 & 24 • 1 wk.

\$829

Add taxes & other fees: \$130

EUROPE | AIR & HOTEL • 4 NIGHTS

FRANCE | Paris via Toronto

Hotel Magenta Paris (★★★★) Breakfast • Standard rm. • May 4 & 5
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Add taxes & other fees: \$420

IRELAND | Dublin via Toronto

Maldron Hotel Tallaght (★★★★) Double standard rm. • July 7, 14 & 21

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Add taxes & other fees: \$350

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2010 Impreza Sport



MANUAL, AC, PW, PL, CC, AW, CD CHANGER, 30,610KMS **\$20,995**

2006 Tribeca LTD Nav



AC, PW GROUP, CD, HEATED SEATS, LEATHER, 67,447KMS **\$19,995**

2008 Impreza WRX



AC, POWER GROUP, CD, SPOILER, 96,000 KMS **\$19,995**

2007 Impreza



AC, PW GROUP, CD, ALLOYS, 90,000 KMS, not exactly as illustrated **\$12,995**

2009 Impreza 2.5i



AC, PW, PL, TW, CC, CD, MP3, 61,000 KMS **\$17,995**

2006 Outback



AC, PW, PL, AW, CD, SPOILER, 74,000 KMS **\$18,995**

2007 Legacy Sdn



AC, PW, PL, CD, MP3, HTD MIRRORS, 77,000 KMS **\$13,995**

2007 Forester 2.5X



AC, PW, PL, TW, CC, CD, MP3, 93,000 KMS **\$14,995**

2006 Forester 2.5X



AC, PW, PL, TW, CC, CD, 88,000 KMS **\$13,995**

2006 Outback Ltd.



AC, PW GROUP, PW SUNROOF, HTD MIRRORS & SEATS, 86,000 KMS **\$19,995**

2008 Impreza 2.5i



MANUL, AC, PW GROUP, TILT, 36,000 KMS **\$16,400**

2008 Impreza Sport



AC, AWD, PW TRUNK, CD, MP3, FOG LIGHTS, 36,000 KMS **\$17,995**

2009 Legacy



AC, PW, PL, TW, AW, CC, CDS, ALLOYS, 53,000 KMS **\$19,995**

2006 Legacy



AC, PW GROUP, PW ALLOYS, 81,000 KMS **\$14,995**

2007 Ford Freestyle SEL AWD



AC, PW, GROUP, CD, 90,000 KMS **\$13,995**

2007 Ford Escape Ltd AWD



AC, PW GROUP, HTD MIRRORS & SEATS, 68,000 KMS **\$17,995**

SUBARU DEMO CLEAROUT!

2011 Impreza Sport



AC, PW, PL, TW, CC, AW, CD, HTD SEATS, SAT RADIO, 5,000 KMS **\$24,990**

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- Power Group
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- CD/MP3,
- 6,500 Kms!

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2011 Outback Sport



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2011 Legacy 3.6R Ltd Nav



AC, PW, PL, ALLOYS, LOADED, HTD SEATS, 9,850 KMS **\$35,490**

2011 Impreza 2.5i



AC, PW, PL, CC, AW, CD, MP3, SAT RADIO, 5,000 KMS **\$22,490**

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